

STRATFORD CONTINUING EDUCATION

WINTER / SPRING 2019 Class Schedule

Location key: **ES** = Edgar School

BOLD = SCHEDULE CHANGE

1/11/19

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
EDGAR							
Body Weight Burn	Rachel	SU	6:15 - 7:15pm	12	\$54.00*	1/20 - 4/14	ES Rm behind Auditorium
Zumba	Rachel	T	5:30 - 6:15pm	13	\$45.00*	1/29 - 4/30	ES Rm behind Auditorium
Gentle Yoga	Joanna	T	6:30 - 7:30pm	14	\$63.00*	1/29 - 4/30	ES Rm behind Auditorium
LOYAL							
Zumba®	Deb	T	5:45 - 6:45pm	11	\$44.00*	1/22 - 4/16	Trinity Fellowship Hall
MARSHFIELD MIND & BODY							
Yogatone	Cathy T	M	8:30 - 9:30am	17	\$58.50*	1/14 - 5/6	Good Shepherd Church
Vinyasa Flow Yoga	Helen	M	5:45 - 6:45pm	15	\$60.00*	1/21 - 4/29	First Presbyterian Gym
Mindful Yoga	Chris	M	5:30 - 6:45pm	10	\$47.00*	3/4 - 5/6	Good Shepherd Church
Mindful Yoga	Chris	T	10 - 11:15am	10	\$47.00*	3/5 - 5/7	Christ Lutheran Gym
Vinyasa Flow Yoga	Emily C.	T	5:30 - 6:30pm	16	\$55.00*	1/15 - 4/30	Good Shepherd Church
Gentle Yoga	Cathy T	W	8:30 - 9:30am	17	\$58.50*	1/16 - 5/8	Good Shepherd Church
Hatha Yoga + 'New'	Josiah	TH	8:45 - 10:00am	11	\$53.00*	2/14 - 5/16	Good Shepherd Church
Loving Kindness Meditation 'New'	Jim K.	TH	5:45 - 6:45pm	10	\$39.00*	1/31 - 4/4	Christ Lutheran Gym
Healing Movements of TaiChi/Qigong 'New'	Kathy L	TH	10:30am – 12:30pm	1	\$14.00	3/14	Good Shepherd Church
TaiChi/Qigong	Kathy L	TH	5:30 - 7:00pm	2	\$20.00	4/4 & 5/2	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	17	\$58.50*	1/18 - 5/10	Good Shepherd Church
MARSHFIELD ZUMBA							
Zumba®	Riya	T	5:45 - 6:45pm	14	\$56.00	1/22 - 4/30	First Presbyterian Gym
Zumba Gold®	Riya	TH	8:30 - 9:30am	13	\$52.00	1/24 - 5/2	First Presbyterian Gym
Zumba®	Kristen	SU	5:15 - 6:15pm	12	\$48.00	2/17 - 5/12	Zion UM Gym
SPENCER							
RIPPED 60	Heather	SU	4:00 - 5:00pm	15	\$64.00*	1/20 - 5/5	St. John's Fellowship Hall
Gentle Yoga	Kathy R	M	6:00 - 7:00pm	10	\$38.00*	3/4 - 5/6	St. John's Fellowship Hall
Painting - Barn Quilt Square	Kimi/Roxi	T	6:00 - 9:00pm	1	\$40.00	4/2	St. John's Fellowship Hall
STRATFORD							
Gentle Yoga	Christine	W	6:30 - 7:30pm	13	\$46.00*	1/30 - 4/24	Stratford Elementary Gym
Circuit Training	Christine	W	5:30 - 6:10pm	10	\$28.00*	3/6 - 5/8	Stratford Elementary Gym

*Supplies required (see below)

COURSE DESCRIPTIONS

CREATIVITY

Painting Workshop – Barn Quilt Square Paint a “Barn Quilt Square” on etched 12 X 12” boards. There will be 6 designs to choose from. Choose a design and your own color scheme. Practice on paper first. The design is etched onto the wood so no taping and measuring. Just start to paint! A sealer goes over the paint and a stain goes over it and then is rubbed off. And VOILA! Your own barn quilt square that can be used indoors or out. Perfect for a porch, potting shed or on a shelf indoors. Fun and easy for all ages! All supplies are included.

FITNESS

Body Weight Burn Join Rachel for this energizing workout that will help increase strength, cardiovascular fitness, flexibility and balance. There will be a mix of moves inspired by boxing, yoga, pilates and more, using nothing but your own bodyweight. Modifications to exercises will be offered. **SUPPLIES REQUIRED:** Exercise mat, water. **NOTE: No class 2/10**

Circuit Training This is a total body workout! Christine will use resistance and cardio training techniques to improve endurance and help build strength. Circuit training fits a wide variety of movements into a workout-- meaning a full body challenge, and none of the boredom that can come with repetitive exercises. Plus, circuit training has all the metabolism and mood boosting benefits of standard resistance training-- just in a quicker format. **SUPPLIES REQUIRED:** Exercise mat; Hand weights (your choice of weight); water.

RIPPED 60 This total body workout will focus on burning fat and altering metabolism. Each of Heather's workouts will be efficient, yet effectively designed to strengthen and tone all the major muscle groups and get the heart pumping. Five minutes of flexibility will complete the workout. Modifications to exercises will be offered. **SUPPLIES REQUIRED:** Exercise mat; Hand weights (your choice of weight); water. **NOTE: No class 4/21**

Zumba® This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements! The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt the body while burning fat. Add some Latin flavor and international zest and you've got Zumba®! **SUPPLIES REQUIRED:** Water; Cross training or aerobic style shoes. **NOTE: No class: MARSHFIELD SUN 4/21 & TUES 3/26; EDGAR 2/12; LOYAL 2/19 & 2/26**

Zumba® Gold Zumba® Gold takes the popular Latin-dance inspired workout of Zumba® and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. It is low impact - joint & knee friendly. Zumba® Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Zumba® is known for zesty Latin music, like salsa, merengue, cumbia and reggaeton, the exhilarating, easy-to-follow moves

and an invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun. **SUPPLIES REQUIRED:** Water; Cross training or aerobic style shoes. **NOTE: No class 3/28**

MIND AND BODY

Gentle Yoga This Hatha yoga style class will include breathing techniques to reduce stress and promote relaxation, poses to promote flexibility, balance and strength and relaxation exercises to provide self-awareness. A slow flow Vinyasa style will synchronize movement with breathing. Special focus will be placed on alternate postures or positioning. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket.

Hatha Yoga + 'NEW' Join Josiah to explore varied aspects of traditional Hatha yoga beyond Asana (poses) including Meditation, Pranayama (Yogic breathing), Sankya philosophy, Prana (life force vital principle), Bandhas (locks diaphragm to hold/sustain energies) and Kriyas. (cleansing actions). Get a taste of traditional yoga in its full spectrum as a practice for cultivating a vibrant, balanced and healthy life. **SUPPLIES REQUIRED:** Yoga mat; cotton or wool blanket Optional: yoga block; strap. **NOTE: No class 3/7, 4/4, 5/2**

Healing Movements of Tai Chi/Qigong 'NEW' This course benefits people of all ages, but is especially good for seniors and those who sit much of their day. The movements target the spine and hips/shoulders where people may be tight from stress and start to lose flexibility over time. Included are gentle movements to activate healing relaxation, along with 8 tai chi movements to improve flexibility and balance.

Loving Kindness Meditation 'NEW' Loving Kindness is a meditation practice that provides a method for developing greater compassion in one's self and others. The practice is the softening of the mind and heart, an opening to deeper and deeper levels of the feeling of kindness, of pure compassion. Individuals looking for a new and accessible meditation practice as well as veteran meditators will benefit from this practice and discussion class. **SUPPLIES REQUIRED:** Yoga mat; Water bottle; Notebook/pen; **OPTIONAL:** Meditation cushion

Mindful Yoga Join Chris Tipping, Yoga Alliance teacher, for a relaxing and energizing yoga practice; This hatha yoga course starts with basic foundational poses. The pace of the class is steady but never rushed allowing students to do as much or as little as suits their needs. Alignment and modifications are emphasized Accessible variations are provided for those who need more challenge. Seated meditation and yogic breathing are part of most classes. **SUPPLIES REQUIRED:** Yoga mat; cotton or wool blanket Optional: yoga block; strap.

Tai Chi/Qigong Join Kathy Levac RN MS for easy Tai Chi Qigong movements to maximize self healing and preventive health. Tai Chi and Qigong are ancient practices that cultivate the Qi or Chi (chee) -- life energy that flows through the body's energy pathways. Classes include movement, deep breathing, focusing, self massage, and guided simple meditation. **THEMES: 4/4 – Tai Chi Movements** – This 18 movement series uses larger movements to stretch and strengthen the body. **5/2 – Rainbow Sun Qigong NEW** was developed by Qigong Master Ellie Drew and is a gathering of energies and then directing those energies for healing in the body. It can be done sitting or standing.

Vinyasa Flow Yoga "Vinyasa" means "breath-synchronized movement" or moving from one pose to the next on an inhale or an exhale. This class offers basic yoga postures in a flowing sequence leading into balance poses and relaxing stretches. Vinyasa has both mental and physical benefits. Physically, the flowing portion expels toxins and re-energizes the body. Mentally, the synchronized breathing relaxes the mind and helps to release any blockage of energy flow throughout the body. If you like to focus on the power of breathing and flowing movement through poses, you will enjoy Vinyasa. Prior Yoga experience is helpful but not required. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket.

Yogatone Cathy combines the classic principles of yoga with light hand weights. The addition of weights to a yoga program has fantastic benefits for those with low bone density conditions such as osteoporosis. Weight-bearing exercises can help in growing denser and stronger bones, over time. Yoga increases flexibility and mobility of the joints. The added weights increase the resistance of the exercise to help improve muscle tone and strength. Yogatone offers the best of both exercises in one session. The outcome is great body tone, longer leaner sculpted muscles, and extra flexibility. **SUPPLIES REQUIRED:** Yoga Mat; Hand weights (your choice of weight); Water.

TO SIGN UP FOR A CLASS:

Marshfield

www.ttsu.me/wtrspg2019mfld

Edgar, Loyal, Spencer & Stratford

www.ttsu.me/wtrspg2019edg-loy-spe-str

WEBSITE : www.stratfordclasses.com

FACEBOOK: www.facebook.com/StratfordContinuingEducation



Consider adopting a shelter dog or cat. Our friends at Marshfield Area Pet Shelter (MAPS) have many adorable cats and dogs looking for forever homes. Visit the cats today at the MAPS adoption center, located inside Marshfield Mall. Open hours are Monday - Friday from 4:30-6:00 and Saturday from 11:00-2:00.

Visit MAPS website: www.marshfieldpetshelter.org

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